

# Winnebago County

Contact: Jayne Shaffer, RNC, Winnebago County Public Health 641-585-4763 [jshaffer@winncoph.org](mailto:jshaffer@winncoph.org)

## Community Health Needs Assessment Snapshot

### Promote Healthy Behaviors

#### Problems/Needs:

- Rank #1. Obesity ranks high in Winnebago County. According to the 2002-2008 BRFSS, 35.44% of our population is overweight and 23.79% are obese. The 2009 Pediatric Nutrition Surveillance Chart for Winnebago County showed Children aged 5 and under at 60% over weight and 49% were obese. We need to decrease these numbers.
- Problem # 2. Mental Health and Suicide rate in Winnebago County is 9.8%. According to the BRFSS report from 2002 to 2008, the percentage of people who feel they have poor mental health 1-7 days/month for Winnebago County is 13.4% and over 22 days/month the rate is 3.76%. Occurring to the Iowa Youth Survey, 10% of all middle school children made a plan to attempt suicide, 5% have tried to kill themselves at least once, 1% at least twice and 3% more than three times. These number needs to decrease.
- Problem # 3. Increase in cancer and cancer related deaths in Iowa. According to the State Health Registry of Iowa, Winnebago County had 60 new cancer diagnosis and 25 estimated numbers of cancer deaths for 2010. These numbers need to decrease.

### Prevent Injuries

#### Problems/Needs:

- Problem #1. Texting or cell phone usage while driving. This problem was reported via our county survey. It is found that since 2001, 5126 motor vehicle accidents involved the use of cellular telephones by 1 or more operator. Information is provided by the Governor's Traffic Safety Bureau.
- Problem # 2. According to our county survey and the Iowa Youth Survey, children in Winnebago County (6th-8th grade), 9% have been involved in a physical fight, 3 % have offered illegal drugs and 8% have stolen something. 12% have been called names and made fun of or teased in a hurtful way.

### Protect Against Environmental Hazards

#### Problems/Needs:

- Winnebago County has a large number of homes that do not have a septic permit and do not have updated wastewater systems. This is a potential contaminant to the drinking water supply.

## Prevent Epidemics and the Spread of Disease

### Problems/Needs:

- A number of parents in Winnebago County do not follow through with vaccinations for their children. The need to educate the parents why this is important for their child. The goal is to have all children updated in the county with vaccinations that are needed by the time children reach school age. Physician offices/WIC do not always enter the vaccines in IRIS.

## Prepare for, Respond to, and Recover from Public Health Emergencies

### Problems/Needs:

- 62% of the residents of our county, from our survey, are prepared for natural or man-made disasters. 60% checked that they keep a supply of perishables food and drinks on hand, but feel the state will help out in a time of need. Need to educate the community that they need to be prepared for all types of disasters.

## Strengthen the Public Health Infrastructure

### Problems/Needs:

- Winnebago County does not have a hospital in our community, so transportation has been an issue. We get telephone calls to our agency looking for transportation to these facilities. Persons below poverty level are at 10.2 %, which means some of them have to travel to Iowa City. We have 1696 people on disability.

## Community Health Improvement Plan

Goal	Strategies	Who is responsible?	When? (Timeline)
<p>Continue to promote Healthy Behaviors by establishing collaboration with our partners in the community. Our goal is to enhance community partnership and education to our public, increasing healthy behaviors and decreases unhealthy behaviors.</p>	<p>Winnebago County will not see an increase of obesity, cancer and mental health rates in the next 5 years.</p> <ol style="list-style-type: none"> <li>1. Education to the public on health alternatives to unhealthy behaviors that attribute to obesity by classes at the YMCA, educational material at Public Health and the ISU extension and on Facebook.</li> <li>2. Educate the public on promotion of exercise classes thru the YMCA, bike and walking trails, Curves and home exercise activities. Winnebago Public Health will have health fairs promoting exercise and various options for at home at least 1-2 times a year.</li> <li>3. Promote gardening by education on healthy food choices thru the ISU, WIC Clinics and Public Health with health fairs at least 1-2 times a year, brochures available at all times in the office and libraries and ads in the local papers when events are being offered. Healthy recipes and healthy choices thru the Winnebago County Facebook on a weekly basis and updates on web site.</li> <li>4. Provide periodic health screenings by Winnebago County Public Health at health fairs and offer monthly screenings to the public for Cholesterol, Blood sugar, Blood Pressure and BMI testing. Blood Pressure Screening will continue at the YMCA once a week and at the Senior Center's on a monthly basis.</li> <li>5. Education to the public on increasing healthier life style, consequently this will decrease diabetes, some cancers and improve mental health. The YMCA, ISU and Winnebago County Public Health will coordinate with other partners (Kryslis, schools , industries) to assist their employees and families to choose healthier foods and exercise on a regular basis- at least 3-4 times a week . Education would be on Facebook, web sites, brochure and health fairs. Information needs to be available at libraries, public health and will also be presented on Winnebago Counties electronic sign on a daily basis.</li> </ol>	<p>Winnebago County Public Health and collaborating agencies: NICAO, YMCA, Kryslis, Local schools, Mental Health Task Force. ISU Extension and Community Cares Coalition.</p>	<p>Will review annually all strategies and meet with our community partners at least 1-2 times a year, focusing if we are making progress towards the goal for 2015.</p>